

SHAPE
YOUR
LIFE

THE
2-MINUTE
BUTT
MAKEOVER
p. 112

GET RESULTS FAST!

LOSE
10 LBS
THIS
MONTH

Our best plan ever

* Guilt-free
comfort foods

The
High School
Musical
workout
How stars like
Ashley Tisdale
stay fit, p. 51

EAT THIS, NOT THAT

THE DIET
MISTAKE

TRESS TRAUMA OILINESS

When your scalp produces too much sebum (the oil naturally generated by your skin), your hair gets greasy. "Although many people think the answer is to wash their hair more, doing so will strip the scalp of oil and make it produce extra," says Paul Labrecque, owner of the Paul Labrecque Salon in New York City.

QUICK FIX shampoo smarter

Since oil and water don't mix, the typical shampoo technique—wet hair, apply shampoo, suds up, and rinse—

doesn't always work for oily hair, explains Labrecque. Instead he recommends applying shampoo to dry hair, massaging it into the roots (where oil is produced), and *then* adding water. This will ensure all that slick stuff is lifted from your strands. But be sure to pick the right product: Choose an oil-free formula that nourishes and hydrates without giving you the greasies. Two to try: Keune Care Line Derma Regulating Shampoo for Oily Scalp & Hair (\$16; keune.com for salons), top right; and Molton Brown Purifying Plum-Kadu Hairwash (\$28; neimanmarcus.com).

Switch out
your
shampoo for
an oil-free
version

